## **CLAIMS**

We claim:

1	1. A vibration damper with variable damping force, comprising:
2	a working cylinder filled with damping medium;
3	a piston fastened to a piston rod arranged in an axially movable manner in said
4	working cylinder and dividing the working cylinder into two working spaces;
5	first and second non-return valves arranged in said piston for respectively
6	providing a damping force for the rebound and compression directions of the vibration damper;
7	and
8	a damping valve arranged in one of said piston and said piston rod having a
9	variable damping action and arranged in series with each of said first and second non-return
10	valves, thereby acting in both said rebound and compression directions of the vibration damper.
1	2. The vibration damper of claim 1, wherein said damping valve comprises
2	an externally activated actuator for adjusting said variable damping action.
1	3. The vibration damper of claim 1, wherein at least one of said first and
2	second non-return valves comprises an element from the group consisting of a spring lock and a
3	spring-loaded valve disk.
1	4. The vibration damper of claim 1, wherein a characteristic of said damping
2	valve is precontrollable to a precontrolled setting in at least one of the rebound direction and the
3	compression direction.

1	<ol> <li>The vibration damper of claim 4, wherein said actuator for said damping</li> </ol>
2	valve comprises an electromagnet.
1	6. The vibration damper of claim 1, wherein said first and second non-return
2	valves are accommodated together with their associated valve seats in said piston.
1	7. The vibration damper of claim 1, wherein said first and second non-return
2	valves are preassembled with their associated valve seats as a modular unit and are fixedly
3	connected in said piston.
1 2	8. The vibration damper of claim 1, wherein said first and second non-return valves and said damping valve are arranged in said piston.
1	9. The vibration damper of claim 1, wherein said first and second non-return
2	valves communicate with one of said upper and lower working spaces and said damping valve
3	actuates via at least one flow connection to the other of said upper and lower working spaces.
1	10. The vibration damper of claim 9, wherein said damping valve comprises a
2	valve body that is precontrollable to a precontrolled setting in one of said rebound and
3	compression directions and directly controllable via an actuator in the other of said rebound and
4	compression directions.